

11-20-2014

# The Montclarion, November 20, 2014

The Montclarion

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# The Montclarion

The Student Voice of Montclair State University Since 1928

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Volume XCV, Issue 11

Thursday, November 20, 2014

TheMontclarion.org

Check out page 11 for job openings and upcoming events!

## N.J. Food Bill Hits Home

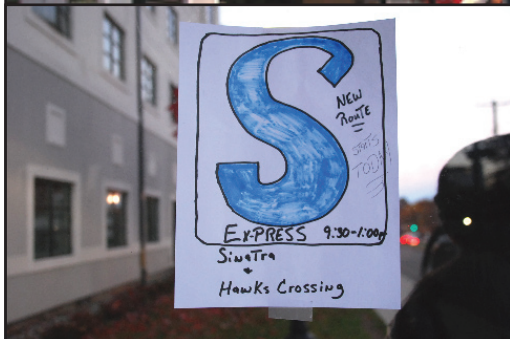
Catherine Baxter  
Editor-in-Chief

One controversial rule that some residents face is the mandatory meal plan; if a resident lives in a traditional hall, they are required to purchase a meal plan. However, this rule could no longer be active if a bill that is being passed around the state gets matched in the Senate and approved by Governor Chris Christie.

This bill would no longer make it a requirement for students to get a meal plan. Additionally, if passed, the bill would require schools to offer the meal plans on a pre-paid debit card. At the end of the year, students would also be allowed to get a refund for any unused funds.

Bill continued on Page 3

## S Express Hits the Road



The S Express, a new shuttle route, serves stops at Sinatra and Hawk Crossings.

Jayna Gugliucci  
News Editor

After much consideration, the department of Transportation Services answered students' call for better shuttle service. In response,

the "S Express" was created to better serve students residing on Clove Road.

Specifically, the recently installed shuttle route is scheduled to make stops at both Sinatra Hall as well as the apartments at Hawk

Crossings from 9:30 a.m. to 1:30 p.m. on weekdays.

Prior to the new service, students at these locations tended to be overlooked by both Village and Transit shuttles that may have been filled before reaching these

Carolyn Aluotto | The Montclarion

later stops.

However, with the current route in place, these students have already seen an improvement in the efficiency of getting around on campus.

*The Montclarion will have no print edition next week, Nov. 27. Have a great Thanksgiving!*



## Which Wich Opens its Doors

Students continue to line up for sandwiches well into week



Which Wich attracts students to Blanton Hall with high hopes, and delivers.

Claire Fishman | The Montclarion

Natalie Smyth  
Staff Writer

The restaurant chain Which Wich opened the doors to their new location on campus earlier this week, serving soup, salad and sandwiches along with a coupon for a free drink to celebrate their kick-off.

Which Wich is the new restaurant in the Plaza at Blanton Hall that replaced SubConnection, the sandwich shop on campus before the university switched food providers.

Montclair State switched from Sudexo to Chartwells Higher Education Dining Services and with them came this new eatery, which offers vegan and vegetarian sandwiches as well as traditional meat-based ones.

After asking student Sofia Mirza, a junior and Political Science and History major, if the switch was an improvement, she said, "Absolutely. There is so much more to choose from now than there was last year. You can order food at the counter or serve yourself like at Au Bon

Pain, but they have so much more to choose from. The staff was very friendly and the service is pretty good. I didn't have to wait too long for my food to come."

The restaurant has a wide variety of options for customers to choose from. There is the main sandwich section, the vegan section and a dessert section, not to mention the condiments and toppings, most of which are free of charge.

Among the students who

Which Wich continued on Page 3

## Relay For Life Begins on High Note



Kick-off to Relay event was a success.

Photo courtesy of Carolyn Meyer.

Jayna Gugliucci  
News Editor

To begin a year of promotion on the right "foot," Montclair State's Relay For Life held an event set on rallying students behind their cause. Featuring catchy music, countless balloons and a performance from Players, the kick-off was highly attended and well-received by members of the campus community.

"Our event was to raise the awareness on campus about the actual Relay For Life event that takes place later in May," said Carolyn Meyer, Co-Director of Col-

leges Against Cancer, an organization promoting Relay For Life. "The goal was to get people excited and to educate them on what Relay for Life is all about."

Though a celebratory event, the spotlight was also cast on a guest speaker. As a 22 year-old cancer survivor, the young girl shared her experience with those in attendance. In turn, her story acted as a reminder as to "why the organization became involved in Relay For Life in the first place" and truly tied the event together in its entirety.

Relay continued on Page 4

News, p. 4

**20,000 Students and Counting**  
*Enrollment rates reach all-time high at Montclair State.*

Feature, p.8

**Fall Fashion Trends**



Opinion, p. 13

**Transgender Trailblazing**  
*Transgender Day of Remembrance is a day dedicated to the the memory of all those who have died because of anti-trans violence and trans-phobia.*

Entertainment, p. 16

**One Band, One Dream, One Direction**



Sports, p. 23

**Adrian Peterson Suspended**  
*Minnesota Vikings' running-back, Adrian Peterson will be suspended without pay for the rest of the NFL season.*



# THE MONTCLARION

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## CORRECTIONS

In Edition #9, in the article titled ‘Advocating for Prison Reform in New Jersey,’ the second pull-quote incorrectly attributed Dr. Christine Lemesiano. The quote was by Professor Jessica Henry.

In edition #10, in the article titled ‘Graduate School Launches Higher Education Program,’ Eunice Grippaldi was incorrectly titled as Doctor. Her position is Graduate Program Coordinator and Program Administrator.

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# Winter Ball Tickets Sell Out in Hours

Students turned away when trying to arrive in line early



Students wait for tickets in the early hours of the morning. Jayna Gugliucci and Don Spielvogel | The Montclarion

Awije Bahrami  
Entertainment Editor

The 2014 annual Winter Ball hosted by the SGA will be taking place on Friday, Dec. 6. At the event, students are bussed off to a secret location for a night of dancing, food and fun. Buses start to bring students to the secret location at 7 p.m. and return them safely back to campus at midnight. The event is open to everyone in the entire campus community.

During the ticket sale craze on Nov. 13th, people were lining up in the Student Center from the Commuter Lounge (Room 126) all the way to 2.mato. Sales began at 8.a.m. and were conducted by SGA members. The tickets were \$40 for MSU students and \$60 for non MSU students. Students could buy two tickets per valid MSU ID.

Notices from the SGA were hanging on walls and windows stating that lining up before 7 a.m. would not be tolerated.

Michael Rivera, a junior

English major and a legislator of the SGA, said that by hosting events such as the Winter Ball they are trying to increase school spirit and class participation. “It is a way to celebrate the end of the semester, welcome vacation, see it as a good job you have done for the semester and enjoy a company with friends that you love and you consider your friends.”

Moreover, Rivera mentioned the rule a few years ago to “establish order” and “to make things go as smooth as possible,” as they have to complete the proper paperwork when people were signing up.

Some students have expressed annoyance as to why the Winter Ball is always hosted before and not after finals.

“We are not allowed to have events during finals; that is a policy,” said Rivera. That applies to all organizations, the SGA included. The events are never after finals because at the end of the semester “everyone goes home.”

While the SGA funds the Winter Ball and hands out the tickets, SLAM, which is short for Student Life At Montclair, is the organization that organizes the event. SLAM is the Programming Board for the SGA; they plan out the event, choose the location for the ‘secret’ place and pick a theme every year. Apart from the Winter Ball, they also organize the Montclairfest, Spring Bash, Homecoming and Spring Week.

“I’m going to the Winter Ball to have a good time with my significant other,” said Padraigh Gonzalez, a junior business major. The event will have an open bar for students that are 21 or older and plenty of music and food will be provided as well. Gonzalez hopes to make some memories that will “last a lifetime.”

Many students are not attending the Winter Ball because they had never heard of it; others wanted to attend but couldn’t get any more tickets because the Winter Ball sells out every year.

## Pelican Police Report



### Wednesday, Nov. 12

**Blanton Hall:** A university staff member reported an incident of criminal mischief outside the health center. This case is under investigation.

### Thursday, Nov. 13

**On Campus Roads:** Non-students Abigale Nesbit, 20, of Orange, N.J. and Iyana Anderson, 19, of Maplewood, N.J. were arrested and charged after a motor vehicle stop. Officers concluded they were in possession of marijuana. Both females were charged with possession along with drug paraphernalia and are scheduled to appear in Little Falls Municipal Court.

### Friday, Nov. 14

**Sam’s Place:** A staff member reported an incident of theft. This case is under investigation.

### Friday, Nov. 14

**On Campus Roads:** Staff member James Fitzgerald, 43, of East Orange, N.J. was arrested and charged after a motor vehicle stop concluded he had warrants stemming from an outside campus agency. Fitzgerald received the following motor vehicle summons: failure to stop, failure to exhibit driver’s license and driving while suspended. Fitzgerald is scheduled to appear in Little Falls Municipal Court.

### Friday, Nov.14

**Parking Lot 19:** Non-student Kwame Asante, 18, of Hackensack, N.J. was arrested and charged with theft and burglar tools. Asante is scheduled to appear in Little Falls Municipal Court.

### Sunday, Nov. 15

**Bohn Hall:** Student Hector Gonzalez, 18 of Union City, N.J. was arrested and charged with possession of marijuana while in Bohn Hall. Gonzalez is scheduled to appear in Clifton Municipal Court.

Anyone who has information regarding these incidents is urged to call the police station at T-I-P-S (8477). All calls are strictly confidential.

## CALLING ALL WRITERS!

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# Donating to Cans for Citations

## Parking Services gets in the holiday spirit with the help of students



HUMAN  
NEEDS  
FOOD  
PANTRY

Montclair State department holds holiday drive with the Human Needs Food Pantry.

Photo courtesy of HNFP.

**Peter Shaver**  
Staff Writer

As the holidays approach, members of Montclair State’s Parking Services have been showing their spirit through a Cans for Citations program. With the end of the semester approaching, the drive is all about giving back to the community as well as engaging students through “open dialogue about parking,” said Mariella Diaz, Professional Services Specialist for Parking Services.

In an effort to raise awareness, the department partnered with the Human Needs Food Pantry of Montclair, N.J. and introduced the first Cans for Citations Food Drive on campus. “We want students engaged with the communities around campus,” said Ben O. Omuya, Director of Parking Services,

concerning his hopes for the drive.

By donating non-perishable canned or dry goods, students will be giving to the HNFP in its preparations to provide for those in need around the holidays. In addition, by donating one item to the drive, one parking citation per person can be dismissed; each donation is worth \$10 toward a parking citation and limited to one open citation administered by Parking Services throughout the semester.

Donations should be brought to the Parking Services office located on Level 1 of the Red Hawk Deck, Monday through Friday from 12:00 p.m. until 4:00 p.m.

The program, overall, opens dialogue between students and the department of Parking Services. It also enables Parking Services to

make the adjustments needed to satisfy students, faculty and staff on campus. It is essential that Parking Services ensures that “all services are more accessible for students,” said Diaz.

Though informative measures are made during orientation for in-coming freshmen, many students are not taking advantage of the information that Parking Services has been providing.

The Cans for Citations program was created in hopes of helping the community and the students become more engaged with the department itself. The program also helps assure that students can register for next semester by eliminating holds on their eligibility due to parking violations.

The program was initiated on Wednesday, Nov. 10 and it continues through Sunday,

# What’s Up with the SGA?

*Get the inside scoop on the weekly meetings*

**Natalie Smyth**  
Staff Writer

• Phi Sigma Sigma was re-chartered as a Class V organization of the SGA; it was recognized as such by the Greek Council on Nov. 11 at its weekly meeting.

• In the same capacity, Sigma Sigma Sigma was rechartered as a Class V organization of the SGA and recognized as such by the Greek Council on Nov. 18.

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# Which Wich: Line ‘Wraps’ Around Store

Continued from page 1



Students prepare their sandwich bags. Claire Fishman | The Montclarion

filled the cafeteria were Ryan Fleischer as well as Zack Fetske; both were happy with their food. According to Fleischer, a junior and Public Relations major, “this is my first sandwich from Which Wich, but I can already tell that it’s better than SubCon-nection. The quality of the food is better than it was last year. It tastes a lot fresher and I got to add whatever I wanted to it.”

The students mostly agree that Which Wich has good food and better variety than in the past, but that doesn’t mean there aren’t any problems with the eatery. Some students didn’t like the system of ordering using paper rather than an electronic device. “I do like the food better than last year, but I don’t like the system they use to order food. It’s annoying and way slower than an electronic system would be,” said Mirza.

Mirza wasn’t the only student who thought the system was dated or slow, but the way you order food at Which Wich is an iconic part of the restaurant. The customer writes down their order with a red Sharpie on a paper bag and then uses that bag to hold their food. It’s part of the restaurant’s tradition, regardless of what the available technology is at the time.

Which Wich has had a lot of customers so far this week, and students have said their needs have been fulfilled while improvements have definitely been made to the food on campus. With options for those with dietary restrictions, healthy options and food for breakfast, lunch and dinner, Which Wich makes it easier for more people to find food to eat on campus.

# Bill: Mandatory Meals Plans May Go

Continued from page 1

The bill has been passed in the state Assembly with a 53-17 vote (with three abstentions). Although this bill passed in the Assembly with a large majority in favor, it could be a while before Red Hawks see the effects, if they ever see them at all.

According to Dr. Karen Pennington, Vice President for Student Development and Campus Life, there also needs to be a “bill in the Senate in order for any of these bills to go to the governor for his signature. There is no such companion Senate bill; therefore, no further action will be taken at this point.”

Currently, students in traditional residence halls are required to purchase a meal plan. This includes Freeman, Russ, the Heights, Blanton, Bohn and Sinatra Halls. Residents in Hawk Crossings and the Village are also permitted to purchase meal plans, but it is not required.

For some students, the current requirement for meal plans is a convenient way to take away the stress of figuring out what to eat every day; for others, they are looking forward to the possibility of not being forced to spend an extra two thousand dollars per semester.

“I don’t eat \$2,000 worth of food and I can’t imagine eating that much,” said Aaron Burden, freshman. “If I don’t use it all, where is the [left-over] money going?”

Other students agree, saying that \$2,000 is too much to be paying for food. “I think [the bill] is a great idea,” said Dania Felix, freshman. “I’m planning to dorm next year, and I won’t eat \$2,000 worth of food.”

Additionally, other students are in favor of the bill simply because they don’t



Students eat dinner at 2.mato.

Claire Fishman | The Montclarion

want to be forced to eat on campus. “I used to live on campus and I’m definitely in favor of the new food bill because, growing up in a Spanish household, I’m someone who prefers to cook at home,” said Jariza Ricart, junior.

Dr. Pennington feels that the passing of this bill would have a negative impact on students for many reasons. One issue she discussed is that not all residence halls have kitchens and “not everything can be cooked in a microwave.”

Students cannot safely cook in their residence halls without things such as hot-plates and toaster ovens, which are not permitted in residence halls as they pose a threat to fire safety in such a small area.

Additionally, according to Dr. Pennington, residents cannot store large amounts of food because “electrical capacities can’t handle hundreds of large refrigerators.” The residents would be responsible for finding a way to store their food and also for cleaning the pots, pans and plates they used to cook.

Cleanliness is another

important issue for students to keep in mind because food and cooking materials that are not cleaned properly could result in a bug issue.

Lastly, and perhaps most importantly, if this bill goes into law it could impact the amount of financial aid students receive. “Since this is no longer a required expense, it is not covered by financial aid,” said Dr. Pennington. “For those who need grants and aid, they are on their own in covering meal costs. If they don’t have the money, how will they eat?”

Overall, Dr. Pennington feels that “there are lots of problems with such a bill.” Legislators do not take into consideration when a school such as Montclair State offers 14 different meal plans.

“The one size fits all approach indicated in the Assembly bill does not fit,” said Dr. Pennington.

Although the administration is not in favor of the bill, students are hoping it will be passed in the Senate and make its way to the governor’s desk for approval.



# Winter Weather Comes Early

University reminds students to check for inclement weather alerts as the temperature starts to drop



Students walk through a snow-covered campus in January 2014. Photo courtesy of Mike Peters.

**Makeba Green**  
Contributing Writer

In response to the unexpected snow in Buffalo, N.Y., an email was sent to the campus community explaining the procedures to be followed in regards to inclement weather.

The announcement encouraged students to utilize the Rave Text Alert system, which was designed to help update the community quickly in regards to the university being closed or classes being delayed due to the weather.

In the email, it is explained that the notifications are obtained from various sources, including the National Weather service as well as state and municipal agencies. They provide information on highway and local road conditions as well as inform campus officials in regards to what should be done about the parking process. Additionally, students anticipating special circumstances during inclement weather should speak up prior to the inclement weather period so both the staff and students can plan accordingly.

One of the focuses the announcement addressed was that the university’s intention is to always remain open despite the weather; in other words, students should assume that they will have classes. However, when in doubt, students can be notified if the campus is ever closed via emails that will be sent out to all students, faculty and staff as well as text message via the Rave Text Alert system.

In addition to these methods, pop-up messages will appear on the university’s website whenever a student visits. Meanwhile, the information will be posted on Facebook on the classes’ pages; for example, classes of 2015-2018 will be notified. Information will also be posted on Twitter and on LED signs across campus. If students don’t have access to the Internet, they can also call 973-655-7810, the university’s weather hotline.

Overall, there are many different ways to find out if Montclair State will remain open in times of inclement weather by accessing these various resources put in place by the university itself.

# Relay: Raising Awareness Towards an Honorable Cause

Continued from page 1



Colleges Against Cancer begins to rally for Relay For Life. Photo courtesy of Carolyn Meyer.

Reflecting on this cause, Meyer shared that “cancer never sleeps.” For this reason, Relay For Life functions as an overnight event where the “main premise is to raise money as well as awareness towards cancer.”

Staying up all night, individuals walk around tracks and participate in various activities serving to remember those who have been lost to the illness. At the same time, there are also ceremonies where those in attendance remember and celebrate those who have fearlessly fought against the disease. Among the most widely known, participants light and dedicate luminaria bags to remember loved ones lost to cancer and to honor those still battling the disease.

“My father passed away this year from lung cancer after a three month-long battle,” said Meyer. “I watched his life be taken away from

him by this disease, as well as the effect it had on my family. The [fewer] families who have to experience that, the better. Relay is a perfect way for people to get involved and help make that difference.”

In the same sense, Meyer stressed that Relay For Life is vital for all students to become involved in because they may have seen their loved ones go through a similar experience such as hers.

“Most people know someone who has experienced cancer, so it has almost become a normal thing,” said Meyer. “But, when you actually experience it, you see how detrimental it is to someone’s entire life, in addition to those of their friends and family.”

According to Meyer, there should be a certain sense of importance among students as well due to the fact that “at the current rate, forty percent of [the] student body will be diagnosed” during their lifetime. For this reason, the organization has set out to speak more frequently about its cause as well as raise awareness concerning the severity of cancer itself.

According to Meyer, were they to achieve this initial goal, the organization would be able to “get more accomplished” and look forward to a successful year of fundraising towards Relay For Life.

In the spring semester, the organization looks to have a “Paint the Campus Purple” event which aims to gather the participation of the whole campus community in getting excited about Relay for Life and spreading the word about the event. Until then, those wishing to become involved in Relay For Life can look to the organization for further information in taking the first steps towards helping raise awareness of such an honorable cause.

# 20,000 Students and Counting

Enrollment rates reach all-time high at Montclair State



Number of students granted admission to climb in next five years. Photo courtesy of Mike Peters.

**Deanna Rosa**  
Assistant News Editor

Montclair’s student population has been growing consistently since 1999, but this year it surpassed 20,000 with a total of 15,885 undergraduate and 4,137 graduate students. As shown by the constant construction on campus, Montclair State is working to accommodate more and more students every year and is currently the second largest university in New Jersey following Rutgers.

President Cole noted in a press release earlier this year that SAT and ACT scores are no longer a requirement to apply to the university, establishing Montclair State as the first public university in the state to make this change. False assumptions connecting the modification of admissions policy with the landmark enrollment number have been floating around campus all semester; however, freshman enrollment this

Dr. Pennington shared that the university has continued to grow “by increasing the number of buildings, faculty, majors and programs offered to students; when you have more to offer, it attracts more people to you.” Her statement is currently materializing in the form of the new science and business buildings which are expected to open in the fall of 2015.

Residential Life has also been making changes to accommodate a larger student population. After the opening of the Heights in 2011 and the re-opening of Bohn Hall last year, the university’s housing capacity expanded to fit 4,980 residents and was filled completely.

According to John Delate, the Executive Director of the Office of Residence Life, “It is wonderful to be at full capacity because it signifies to our entire staff that students do enjoy living on campus. We firmly believe that our residential program is providing

“Admissions work is an art as well as a science. You set goals and admit students, but it is not possible to accurately predict the number that actually will enroll. In fall of 2013, we were on target. But, in the fall of 2012, about 200 more new students than predicted actually enrolled.”

- Dr. Karen Pennington  
Vice President of Student Development and Campus Life

fall consisted of only 2,900 new students — 100 under average and pointedly less than enrollment in 2013.

According to Dr. Karen Pennington, Vice President for Student Development and Campus Life, “Admissions work is an art as well as a science. You set goals and admit students, but it is not possible to accurately predict the number that actually will enroll. In fall of 2013, we were on target, but in the fall of 2012 about 200 more new students than predicted actually enrolled.”

On average each year, the university receives about 3,000 freshmen out of approximately 12,000 applicants. However, President Cole recently expressed an expectation of 5,000 additional students within the next five years, many of whom will be online students.

an educational and developmental complement to the student’s overall academic experience at MSU.”

There is still a small waiting list to become a resident on campus and Residential Life only expects the list to get longer. In anticipation of increased interest next year, the university plans to expand capacity by converting some of the double rooms into triples in the first-year student buildings. Delate assured that these changes will only affect a small portion of the campus community and will not jeopardize the excellent residential experience.

Meeting the needs of the students has always been a main goal of the university and efforts toward achieving that goal only increase as enrollment expands.



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# Feature

## Your Next Style Choice is Here

*Classic and modern style tips to look your best during these colder months!*

**Jessica Mahmoud**  
Staff Writer

The “casual classy” look can easily be achieved by pairing a pair of khakis with a suit jacket. Try pairing different colors, like white and tan or blue jeans and a red jacket. To stay extra warm, layer a dress shirt and cardigan underneath. Finish the look with a pair of lace dress shoes. The bowtie is optional!

If you’re not into the

total dress look, try layering a patterned sweater instead of a dress shirt. Stick to jeans, but opt for matching ones. For a unique style, cuff the bottom of the jeans and add dress shoes. This is the perfect fall look for guys who want to be fashion forward.

For the more casual guys on campus, invest in a denim jacket! Beanies and denim jackets will never go out of style. The universal rule for denim jackets is to not

pair them with bottoms that are the same color, or you’ll look washed out! Pop the outfit with a basic tee in a bright color, like the best fall color, orange, burgundy or go with a cool graphic tee. Throw on a beanie and sneakers and you’re out the door!

If you’re more daring with fashion, go for colored pants! Pair them with a contrasting color tie. Invest in a unique top hat for the winter to switch up the typical

beanie. Other color pairings are burgundy pants and an olive green tie or red pants and a grey tie. Experiment with bow ties to make the look even more fun!

Another classier but casual outfit would be the classic dress shirt with matching bowtie. The outfit works best when the bowtie and jeans are the same color. Burgundy is a popular color at this time of year, for girls and guys alike.

And there you have

it! Plenty of ways to put outfits together to look a little more fashionable, and make a statement on campus. Hopefully this gave you some inspiration via your other collegiates. Or, maybe it inspired you to try a few new looks. Either way, I hope to see you around campus!

**Shirt, cardigan and jeans:** American Eagle  
**Blazer:** H&M  
**Shoes:** Aldo

**Tattoos?** “Yes, I have a quote that wraps around my arm in Filipino that translates to ‘Everything will be alright in the end. If it’s not alright it is not yet the end.’”



**Sweater, jeans and beanie:** H&M  
**Jacket:** Gap  
**Shoes:** Doc Martens

**We’re halfway through the semester. What’s your favorite memory so far?** “Being back with friends and being closer to everyone than I was over the summer.”

**Jacket:** H&M  
**Shirt:** American Eagle  
**Pants:** H&M  
**Bow tie:** Macy’s

**What are you excited to wear for fall?** “Infinity scarves and fingerless gloves.”



**Left: jacket, shoes and boots:** Go Jane  
**Skirt and tights:** Joyce Leslie  
**Watch:** Fossil

**“I was a minion from Despicable Me one year. I made the goggles myself.”**

**Right: clothes and hat:** H&M  
**Tie:** Tie Bar  
**Bracelets:** Aldo  
**Shoes:** Eddy Bauer

**What did you dress up for Halloween?**

**“It wasn’t for Halloween, but for a charity event I dressed up as Spongebob.”**



Red jeans are the perfect addition to everyone’s wardrobe; again, pairing them with a contrasting shirt is what makes the outfit fashion-forward. The way the shoes match the top is also great; even though it’s red, white and blue, it doesn’t look too patriotic. So next time you put on your red jeans, instead of throwing on a t-shirt, opt for a collared shirt instead. To stay warmer, layer over a sweater and pull the collar over.



**Sweater:** Ralph Lauren  
**Shoes and blazer:** H&M  
**Jeans:** Hudson  
**Watch:** Michael Kors

**Yesterday I asked people what class they’ll miss. What class are you looking forward to?** “Senior seminar. It’s all about creating a fashion show and what it entails.”



# 5 Tips for Commuting Through a Winter Wonderland

Christy Marabello  
Staff Writer

From toddlers to teens, we are constantly taught the priority of safety. Prior to driving it was the nagging voice screaming, “Be careful on your bike!” as you walk out the door. That phrase soon evolved to “Be careful driving!” now that the majority of college students commute to school. Whether it is an ice storm, a blizzard or even freezing rain, commuting anywhere in general can be dangerous. Given that about 73 percent of Montclair State students are commuters, here are six helpful tips to help you beat the winter anxiety:

### 1. Safety First

When faced with a situation involving bad weather and driving, you always want to think about your safety before anything else. When you wake up, look out the window and see a blanket of fresh white snow covering the streets, you must make a decision whether to commute or to stay home. While making this decision you have to consider the type of car you will be driving to campus, the estimated time it will take you to get there and also if the route you are planning to take is cleared out. You should consider your personal circumstances in making this decision and put your safety first.

### 2. Stay Updated/Notified

Staying updated and notified on decisions regarding cancellations within the university is also a huge part of staying calm during the inclement weather. Montclair State provides many easy ways to stay in the loop regarding information on cancellations such as emails, text message, pop up messages on the website, Twitter, Facebook, etc. Since college students are attached to their cell phones, registering your email and cell phone number to receive instant updates to your phone on class and/or university cancellations is an easy way to stay ahead of the game. It is very important to also stay in touch with your professor for that day and email them to let them know you are not attending class if you decide to pass up the commute. Be sure to check your email and also the school website for any news before making your decision.

### 3. Be Prepared

Always be prepared. Before going to sleep the night before you go to class, turn on the weather channel and see what the weather prediction is for the following day. If the prediction says heavy snowfall or freezing rain, be sure to keep a snow brush/ice scraper by the front door so you don’t forget to wake up and brush the snow off your car; also, keep the snow brush/ice scraper in your car just in case it snows while you’re in class. You also want to bundle up with a scarf, gloves, winter coat and snow boots to stay extra warm walking around campus. Make sure your car has proper tires for the snow, especially if you will be commuting from a far distance.

### 4. Time Management

Time management plays a huge role in commuting. Many factors tie into getting to class on time including what time you have to set your alarm, what time you actually get out of bed, the time needed to get ready, beating traffic, finding a parking space and walking to class. Commuters have their routine down pat; throw a little snow into the equation and many of us panic. If snow is predicted for the following morning, be sure to start your routine earlier than usual. You want to allow yourself enough time to get to campus with a steady, safe speed due to the slippery roads leading there. You may, also want to wake up a little earlier to clean the snow off your car and heat it up to avoid car troubles. Give yourself at least a 15 minute head start to your commute and be sure to be cautious. Slow and steady wins the race!

### 5. Don’t Stress

Weather is something we can’t control, especially in the winter. Stressing about something you have no control over will only cause you more anxiety. Therefore, if you’re doubtful that you will be able to drive in the given weather conditions that day, don’t stress! “When in doubt, do without,” is what my mom always says. Professors understand that some students have a longer commute than others and they have to also commute themselves. Emailing your professor about not attending class and doing the work due that day is all you need to do to stay on top of your work without taking the risk of driving in bad weather. The university would rather their students be safe rather than put their lives at risk on the slippery roads. Your life is far more valuable than class that day so go with your gut and refrain from any uncomfortable thoughts about driving in the heavy snowfall or freezing rain. Stay calm, email your professor, do your homework and relax for the day.

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# Have a Healthy Thanksgiving

**Kimberly Asman**  
Staff Writer

When it comes to Thanksgiving, it is a holiday essentially built around food. The most important part of the day often becomes Thanksgiving dinner with family. This day is full of fattening foods that become traditional to the holiday, from stuffing to gravy to sweet potato casserole. In fact, the average Thanksgiving dinner, according to *TIME* magazine, may contain around 2,500 calories. This is not counting snacks, drinks or any second helpings someone may have, meaning it is very possible that the real number is even higher.

This amount of calories is pushing the 2,000 an average adult should have in one day and it is only from one meal. Another estimate from the Calorie Control Council says that the average American may actually be eating 4,500 calories including snacks, drinks and extras. However, there are still ways to enjoy all your favorite parts of the holiday without going overboard and accidentally eating two days' worth of calories.

Watch your portions. There are generally tons of options of things to eat at Thanksgiving dinner, especially if every family member insists on bringing their favorite. You are probably going to want to try everything. Keep this in mind when serving yourself. Stick to small portions of any dishes that may not be your favorite, but you just want a taste of. Try to get out of your normal habit of taking foods, and remember how many things you will be eating. You will not even no-

tice the small portions when you are full from the whole plate. If you know you are going to want a lot of something, plan ahead to indulge on that item.

Stick to white meat. The centerpiece of almost every Thanksgiving dinner is a huge turkey that can probably feed 20 people, even if there are only 10 in attendance. When choosing your cut, stick to white meat. White meat has less fat and calories than dark meat. Remember this especially if you know you are going to add gravy to your meat regardless of which piece you get, which is adding more fat.

Lighten up your vegetables. Sweet potato casserole is one of the most notorious Thanksgiving dishes, right down to the marshmallows on top. This dish is packed with calories and added sugar and fat.

Green bean casserole is another dish that adds a hefty amount of fat to an otherwise healthy vegetable. If one of these dishes is your favorite dish that you are planning to indulge in, no worries. Take the vegetable you aren't as excited about and make a healthier version of it. Try steamed green beans if you absolutely must have sweet potato casserole or try baked sweet potatoes if you could not go without green bean casserole.

Take some dessert to go. If your family is anything like mine, there always somehow ends up being at least five dessert options: a few kinds of pies, some kind of cake, you get the idea. On Thanksgiving day, chances are you are going to be stuffed from your meal and will not have room for every dessert you might

want to try. Stick to one item, pick your favorite. For the others, ask for a container with a piece of each; this way, you can save them for the next few days. The host is probably more than happy to give away some of the leftovers so they aren't stuck with so much.

Don't starve yourself until the big meal It may make sense to think "if I do not eat all day, I can eat more at dinner." This idea definitely is not the case. If you do not eat all day, your body will latch on to any calories you get when you do eat, meaning more of the meal will stick around; if you eat a normal breakfast or snack before the meal, you will not be as famished and will not be tempted to eat everything in excess. Make sure to have a normal breakfast and a snack before dinner. You can keep it light in terms of healthy foods so you do not feel so guilty; just try to eat something.

Sneak in a workout. The holiday festivities do not usually start until the afternoon at the earliest, giving you the entire morning to get in some exercise before over-indulging. Although it is okay to go overboard in terms of food on this day, the holiday does not have to mean also skipping your workout. Many gyms offer special early group fitness classes on Thanksgiving morning, and there are a lot of "turkey trot" 5ks.

Do a little research online to find some kind of fun workout on Thanksgiving morning and you will feel a little better later in the day when you go for that second slice of pumpkin pie.



Photo courtesy of wikipedia.org

## Fall Fashion Trends

**Joseph Vecchione**  
Contributing Writer

As the cold air comes in quickly around campus, it is important that we drop our summer wardrobes and bring in what many say is the most fashionable season of all. Fall this year has a lot going on for men's and women's clothes, so here's some tips on how to bring together the best fall style for you!

For the guys, socks and flops are out of style (they were never really "in" to begin with) so its time to start looking into a good shoe investment. Brown is the color of the season and can be pulled off with almost any color pants. Look into a nice pair of boots or casual sneakers depending on your taste. Instead of wearing hoodies to keep warm, have a good sweater or light jacket that you can rotate to keep your style fresh. With light jackets, also consider wearing a hoodie underneath for a different style.

For the ladies, the big hype right now is short boots. Many are saying to keep your tall, knee-highs away 'til winter.

You don't have to take such drastic measures, but the short boot look can be pulled off with a lot of great outfits. Consider having two or three pairs of shoes and basing your wardrobe on them so that you can have rotating styles. Different shoes can completely change the same outfit; for example, if you're looking for a big "sweater with jeans" look, wearing tall boots brings a warm feeling, short boots may bring more flare and puffy ugs can make it look super casual.

All in all, this fall has some interesting styles that everyone should consider. Flannels and boots are unisex additions to any outfit, as are a variety of wardrobe rotations. If you haven't already, consider a nice pair of boots or a light jacket to spruce up your styles.

Don't be afraid of browns and oranges! If you're not into brights or don't have enough autumn colors, blacks and neutral tones look good no matter what season. Don't wear your skirts and flops, no matter how warm it is; put them in storage, send them away and embrace the great bundle-up style of fall!

## Save Money Dining at MSU

**Kristen Bryfogle**  
Opinion Editor



Photo courtesy of Kristen Bryfogle

The end of November and beginning of December are crunch time; professors are assigning term papers, pairing you up for final projects and announcing the last tests and quizzes before final exams. Just as we are reaching our semester breaking points, so are our bank accounts and our once fat stashes of Flex and Red Hawk Dollars. We're out of time and money and for those vegetarians on campus, finding something quick and cheap to eat can be especially hard. But fear not, hungry and broke herbivores and meatless-Monday observers; as a vegetarian on-campus diner, I have some quick fixes and tips to help you survive those days when you can't find the time or funds to pack a brown bag or run to Chipotle inbetween classes.



Photo courtesy of Nick Kral



Photo courtesy of Nick Kral

### Einstein Brothers Bagels:

We all know that carb-packed bagels are not the healthiest choice to eat every day, but I like to pick one up from this College Hall eatery ever so often. Einstein's is the definitive bagel location on campus because of its variety. There are many different kinds of bagels and spreads available, including seasonal flavors. My favorite topping is a hummus "schmear." This option allows you to pack some protein on your bagel rather than the popular cream cheese, which, while delicious, is packed with fat that you don't need since you're already having a treat by eating a bagel. The hummus schmear is one of the tastiest bites on campus and fulfills the daily protein quota with which every vegetarian is familiar.

### Au Bon Pain at Café Diem:

Although this relatively new dining location on campus has tons of vegetarian options, not all of them are as friendly to your wallet or your arteries. When I walk in, I tend to go straight for the comfort food: macaroni and cheese and the sweet pastries. These more indulgent foods are especially tempting because they are relatively low in price and provide the satisfaction we need when we are stressed out. Next time, walk past these options and instead try grabbing an egg white, cheddar and avocado on a bagel thin for breakfast or late lunch. This meal will provide you with some protein to get you through the day at a comparably low cost which is much more reasonable than some of the lunch sandwiches and salads that sell for twice the price.

### Student Center Cafeteria:

In general, the food at the student center cafeteria is a bit pricier than some of the other locations on campus, but you can still find a good deal if you're looking for it. The cafeteria provides fixed meal swipe combos for those students with block-style meal plans, which can look like a great deal in comparison to the prices of food that are not part of a combo. Though, when it comes to filling your belly on the lowest possible funds, go for the vegetable sushi. The cafeteria provides cucumber, avocado and combination rolls with white or brown rice. They are always a good pack to grab on the go and usually sell for less than five dollars, which saves you over a dollar from going for a fixed combo.

### Shawarma Spot:

I almost don't want to mention the Shawarma truck because it seems to be a hidden gem of on-campus dining and telling you about it may compromise the accessibility of delicious and cheap Mediterranean food, but it's too good not to share, for both vegetarians and meat-eaters alike. The truck is tucked away behind the Student Center, right next to Red Hawk Diner and it is remarkably delicious. For such a small location, the truck has many vegetarian options, including a falafel platter, salad and sandwich as well as a hummus sandwich. The portions here are huge and the prices are pretty much all under five dollars. The best part is that there is hardly ever a line of more than five people here, so it's a perfect low-price fix for days when you're on-the-go but want a substantial lunch that will provide both protein and satisfaction.

### Drinks and Sweet Treats:

When it comes to drinks, your best bet is to bring your own. I usually bring coffee or tea with me in the morning, since you can buy a whole box of instant bags at the grocery stores for the same price as one or two drinks at most cafes on campus. I also suggest bringing a refillable water bottle so you can save your pennies and the environment at the same time. Bring some Crystal Light packs if you want to add a little pep to your H2O. Drinking water will keep you hydrated for your long day ahead and help you avoid pesky headaches from dehydration.

If you do want to get something sweet, the best deal by far is Red Hawk Yogurt in Outtakes. Although the name claims that it is frozen yogurt, it tastes like soft serve ice cream. The price is not by weight like most other self-service style yogurt places, so you can really pack on whatever you want to reward yourself for all your hard work. This sweet treat may be dangerous, but in moderation it can save you money from going making a mad dash to Cups or Cold Stone Creamery after class.



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November 22

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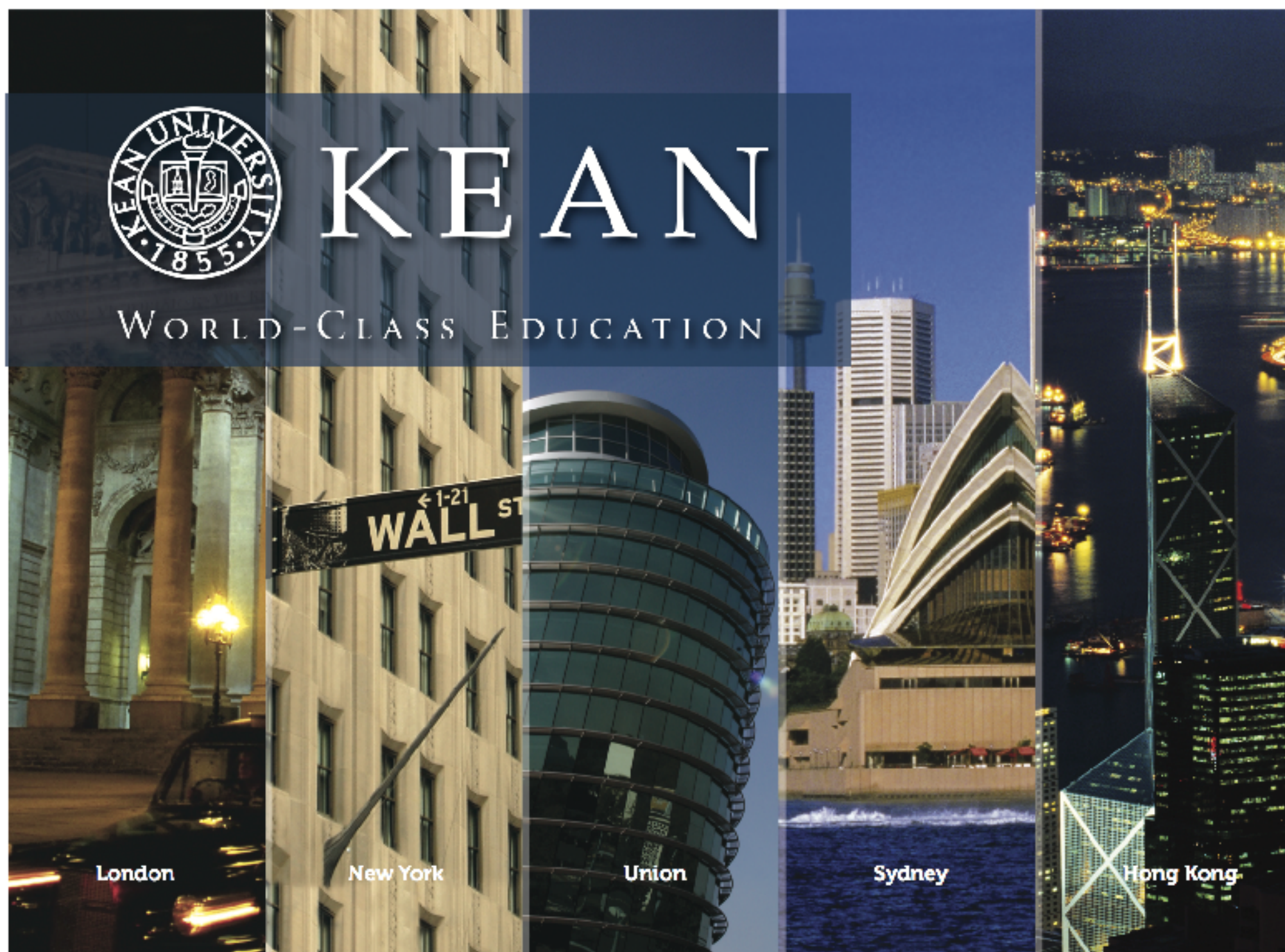
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P/T After School Nanny wanted for 3 children ages 7,7, & 12. Mon-Fri 2:30-6:30 p.m. Requires driving kids to activities, help with homework, light cooking for kids dinner & light cleaning/organizing. Call Helen at 917-658-6304 or 973-748-0876 or email helen.appelbaum@gmail.com		P/T After School Childcare needed Mon-Fri, 2:50-6:20 pm for 9 &11 year olds in Mountain Lakes. Prepare snack and dinner & help with homework. Must Drive. Contact Jane at 901- 487-4999 or email Janemhouston@gmail.com
P/T Childcare for 9 yr old girl. Mon/Tues/Wed - 3 to 7 p.m. Child has some learning disabilities, so a Special Ed student would be great, but not necessary. \$12.00/hr. Call Patti 201-248 0599 or email paf0115@hotmail.com	After-School Driver/Minder for cheerful 6th grade boy. 3-4 hours, 2-3 days per wk... flexible! Drive to lessons & practice, oversee homework. M/F encouraged to call Elizabeth at 917-576-6220 or email EJuviler@verizon.net	P/T Childcare for Montclair Family (near MSU) for kids 9 & 12. Three days per week 3:00-6:30 pm. Need a car for driving to activities. Light meals and homework help. Email Monica - monica.minore@verizon.net
P/T Montclair cook, cashier, food runner & driver wanted. Ruthie’s BBQ & Pizza. Call 973-509-1134.	After school Nanny wanted for 2 children 5 days a week in Montclair. Clean driving record a must, as driving kids to activities is required. Also homework help & light cooking / cleaning. Call Wendy at 201-206-2851.	\$20.00 per hour - Students needed to assist professional dog trainer & clients w/ behavior modification. No experience necessary. Flexible schedule. Call Carol 973-746-4238 or email cjgamm@mindspring.com
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Paid Intern needed for Montclair home-based Real Estate Marketing business. Excellent admin, HTML, social media (FB, You Tube, Twitter) skills a must. \$15/hr to start. Raise on performance. Motivated & Confident. Must have car. Email Ken@FriendindeedLLC.com or call 917-543-2812.	Fairfield, NJ based Internet Startup looking for recent college grads or very ambitious college students. \$30,000 plus first year & Vested Retirement Plan within 24 months of hire. Complete company training for qualified individuals. Call Pat 973-698-7582 or email resume to pgiglio@pagelink.com	Nutley family seeks P/T Nanny for two kids ages 2 & 7. M-F, 4:00 - 7:30 p.m. Pick-up from school, homework help & dinner prep. Email bethcarey@hotmail.com.
P/T Afternoon Nanny in Montclair to one sweet little boy age 10 months. Call Brooke at 631-327-5513.		
Seeking reliable Driving Babysitter in Livingston for two young girls starting Jan 2015. Mon/Tues/Wed. Hours 2-5:30pm. Must hold valid drivers’ license & pick up children in your vehicle. Email Livingstonfamily2013@gmail.com with resume/ experience.	P/T Experienced, energetic, reliable babysitters wanted for our 7 year old son in Nutley. Occasional afternoons / weekends. \$15.00 & up / hour. Contact Linda at lindaturiya@yahoo.com or call 973-508-8868 (Leave a message).	

Upcoming Events

Anime Quiz Show

Thursday, Nov. 20 from 4 - 6 p.m.

UN 1070

Free of charge

Contact: japanc@gmail.com

DIY Parfait Bar

Tuesday, Nov. 25 from 8 a.m.-11 a.m.

The Rathskellar

Free for all students

Hosted by MSDO and MSU Child Advocates

Contact: msdomsu@gmail.com

Healthy Homemade Bake Sale

Tuesday, Nov. 25 from 11 a.m.-3 p.m.

Partridge Hall Lobby

Most baked goods 50 cents-\$1 each

Hosted by MSDO

Contact: msdomsu@gmail.com

DIY Sushi Demo

Wednesday, Dec. 3 from 5:30-7:30 pm

Machuga Heights Kitchen

Free for all students

Hosted by MSDO

Contact: msdomsu@gmail.com

Cafe Con Leche

Wednesday, Dec. 3 from 8-10 p.m.

Blanton Lounge

Hosted by LASO

ALPFA Holiday Party

Thursday, Dec. 4 from 4 - 5 p.m.

UN 2002

Free of Charge

Hosted By: ALPFA

Contact: alpfa.msu@gmail.com

Healthy Holiday Cooking Demo

Thursday, Dec. 4 from 5:30-7:30 pm

Machuga Heights Kitchen

Free for all students

Hosted by MSDO

Contact: msdomsu@gmail.com

Food Allergy Awareness Table

Friday, Dec. 5 form 11 a.m.-2 p.m.

Student Center Lobby

Free for all students

Hosted by MSDO

Contact: msdomsu@gmail.com

Healthy Homemade Bake Sale

Wednesday, Dec.10 from 10 a.m.-2 p.m.

Partridge Hall Lobby

Most baked goods 50 cents-\$1 each

Hosted by MSDO

Contact: msdomsu@gmail.com



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Panel  
Discussion  
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Paul J. Fishman



Madeline Cox Arleo



James E. McGreevey

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The Honorable Madeline Cox Arleo  
U.S. Magistrate Judge for the District of New Jersey

The Honorable James E. McGreevey  
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Question of the Week

What do you think the 2014 word of the year should be and why?



Alexandra Camacho  
Sophomore Biology

“I think the word of the year should be ‘wildin’ because it is a commonly used word that people say to express that someone is a jerk, but in a nice way.”



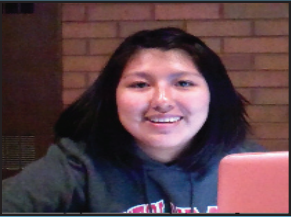
John Alban  
Senior Psychology

“The 2014 word of the year should be ‘vape’ because I think it is a new technology and an alternative to actually smoking. I see it in stores, on TV, just about everywhere, really. I see everyone using it now and I think it is a great way now to actually do it without smoking cigarettes.”



Danielle Litrento  
Junior Psychology

“‘Bae’ because it has just become so popular on social media.”



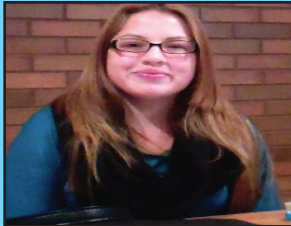
Amanda Vieira  
Freshman Communication and Media Arts

“I think the 2014 word of the year should be ‘swag’ because it is used a lot in social media as well as in music videos and songs.”



John Boettigheimer  
Senior Film

“‘Galactic’ because *Guardians of the Galaxy* came out this year.”



Caroline Moiroy  
Junior Business Management

“I think the word of the year should be ‘twerk’ because social media has just made it so abundant and out there. It just caught on.”



Charlie Duran  
Freshman Information Technology

“I think it is ‘bruh’ and the reason why is because it is all I ever think when something horrible happens to me or anyone else. It just like, you’re walking around and someone gets stabbed. You don’t think of anything, you say bruh and try to heal the wound, like ‘Bruh, are you okay?’ It does not matter if it is a man or woman. It brings people together. It means a lot, even though it is a simple word.”



Ward Hablawi  
Freshman Biology

“I think it should be ‘condolence.’ When you condole for someone, you feel sorry. In order for us to come together and feel like we are all one community and one heart, we should all feel each other’s pain through empathy and sympathy for each other. I mean, the eyes are the window to the soul, but how can you see the soul if the eyes are shut?”

Transgender Trailblazing



Christian Ruiz | The Montclarion

Thursday is Transgender Day of Remembrance, a day dedicated to the memory of all those who have died because of anti-trans violence and transphobia. This day of commemoration inspired a larger movement, Transgender Visibility Week, during which organizations and individuals concentrate their efforts to educate others about and advocate for transgender issues.

Montclair State University’s LGBTQ Center is providing a variety of activities and educational programming about what the “T” in LGBTQ stands for. This is especially important because many people use the term LGBTQ as a way to lump together sexual and romantic orientations outside of heterosexuality, but do not pay as much attention to the side of the term which focuses on gender identifications and expressions other than cisgender.

We commend the LGBTQ Center for their constant efforts to

raise awareness and provide information about transgender issues in our campus community, especially when so many other schools still do not have gender-inclusive residence halls and gender-inclusive restrooms for students to use and student requests for gender equality fall on deaf ears.

Students across the country have been joining together to protest the default cisgender design of colleges and universities, where residence halls are divided into male and female partitions, leaving transgender and non-binary students asking if there is a place for them and whether their school will allow them to be who they are despite their biological sex.

Gender-inclusive bathrooms are especially in high demand because many of the verbal and physical assaults made on transgender and non-binary individuals happen in restrooms. These places are generally not monitored because they demand personal privacy, leaving the possibility for a trans person to be in a bathroom alone with an aggressor. Gender inclusive restrooms are therefore not just more comfortable for trans students but often safer as well, an essential quality for most students when they

are on campus.

It is not just institutions of higher education that are becoming more aware of needs specific to transgender individuals; transgenderism has gained increased visibility in recent years thanks to the inclusion of transgender characters and entertainers in mainstream media. Folk punk performer Laua Jane Grace changed the gender scene of the music industry by coming out as a transgender woman in 2012, demonstrating that one could own one’s gender identity and still rock.

Transgender actors have also made their way onto television screens. Laverne Cox, an openly transgender actress, also plays a trans character on the Netflix original series, *Orange is the New Black*. Cox has increased transgender visibility substantially, becoming the first openly transgender individual to be nominated for an Emmy in the acting category and to grace the cover of *TIME*. Cox’s publicity has also increased awareness about transgender people of color and the specific issues that they face.

Others, like Erika Ervin, a transgender model who plays a cisgender “strong” woman on *American Horror Story: Freak Show*, contribute to transgender visibility

in the media and prove to trans viewers that they too can achieve success in their careers and follow their dreams.

There are obviously still many miles to go on the road to complete understanding and representation of transgenderism, as Hollywood movies have yet to make a mass movement to include transgender actors; for example, *Dallas Buyers Club* includes a transgender character who is played by Jared Leto, a cisgender actor. While movies like *Dallas Buyers Club* may increase trans awareness, they do not necessarily increase real-life visibility, proving that mainstream transgender acceptance may still have a long way to go.

Although there is still much for America to learn about transgender individuals and the struggles they face, Transgender Visibility Week is a time where we as a university can stand united for transgender issues. On Nov. 20, we can honor those who have fallen in the battle just to be themselves; through education and campaigns for transgender rights, we can ensure that anti-trans violence and transphobia do not continue in the future.

Thumbs Up

Which Wich opens

Thanksgiving

Montclair State “ugly Christmas sweater” T-shirts for sale in University Bookstore

Thumbs Down

Honduran beauty queen murdered before pageant

Jewish worshippers killed in synagogue

Dunkin’ Donuts runs out of regular coffee





# Shelter Adoptions Protect Puppies

*Buying from pet stores financially supports unhealthy breeding practices*



**MEGAN SPINELLI**  
COLUMNIST

Every day, dogs are picked up off the streets, surrendered by their owners or left tied up at the shelter door and must patiently wait for a new family to want them. After suffering a life of abuse, living as a stray or simply no longer being wanted, these dogs are forced to sit in tiny kennels and wait to be adopted. Meanwhile, sales at pet stores are booming as families pick out their new month-old puppies to bring into their warm, spacious homes. What these people who shop at pet stores do not realize is what they are supporting and contributing to when making their furry purchases. People rarely wonder where pet store puppies come from and if they do, most assume they are from breeders; this, however, is a grave misconception. These puppies come from puppy mills, where dogs are feverishly bred for the sole purpose of making money. The bare minimum care – and no love – is given to these dogs

and this neglect often includes the ignorance of health problems, including the deadly intestinal disease, Parvovirus, brain problems or painful injuries. These health issues sometimes go unnoticed until the family has already formed even the smallest bond with their pup and must say a heartbreaking goodbye to their newest family member. If the health issue is discovered at the puppy mill, there are a few ways the mill takes care of it: they break the dogs’ neck, shoot it in the head or drown it. This is what pet store buyers are supporting. As people continue to buy from pet stores, the need for puppies from puppy mills only increases and dogs are continually neglected and bred in inhumane ways. Is this the kind of place you want to buy your puppy from? Instead of buying from these unscrupulous stores that get puppies from even more unscrupulous mills, dog lovers should be going where the puppies truly need a home: animal shelters. Across the U.S., the ASPCA estimates that 3.9 million dogs enter shelters each year and of those only 35 percent are adopted and 26

percent are returned to their original owner, leaving 31 percent to be euthanized. Those that are euthanized are often healthy, vibrant dogs who simply could not find a home. Of course, all puppies need homes, but if people stop buying dogs from pet stores, the need will decrease and puppy mills will have nowhere to sell their dogs, forcing them out of existence. People think that buying these animals from pet stores will help these puppy mill dogs, but they are really helping by not buying them, which would stop more puppies from being put into the same situation. Many families enjoy the luxury of being able to pick out their puppy from a wide selection of breeds, but doing this comes at a cost. Animal shelters offer dogs at a much lower price and they are often vaccinated and spayed/neutered. Buying from breeders is also a much better alternative to pet stores. Although more expensive, these dogs are usually given the utmost care because the breeders actually love the dogs, not the money. If someone has a specific breed in mind, instead of scouting out dogs at pet stores, he/she can use Petfinder.com,

which conveniently lists specific dogs from breeders or shelters in a certain area. Whatever option a person may choose, a pet store should not be one of them. When making their decision, people should think about where these dogs are coming from and decide which business

they want to support: one that breeds dogs for the sake of the money or one that breeds or rescues dogs for the sake of the dog.

*Megan Spinelli, an English major, is in her first year as a columnist for The Montclarion.*

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# More Than Just the Turkey

*Thanksgiving provides us with an opportunity to express our gratitude*



**MICHELLE STROTHERS**  
COLUMNIST

Gratitude is defined as the quality of being thankful—readiness to show appreciation for kindness and to return it. Gratitude is an expression of thanks and the humbling of one’s self to appreciate what someone else has indirectly or directly done for them. On the fourth Thursday in November of every year, we have traditionally decided to show our praise and send accolades to those that we feel have im-

pacted our lives on a holiday entitled Thanksgiving. The fault that we have in expressing this immense amount of gratitude during this time is that we are not being taught that when the turkey has been devoured, cranberry sauce has been enjoyed, egg nog has washed down our meal and we are full to the brim, that the spirit of gratitude must last longer than a meal. When we are full after our dinner, what are we really full of? Are we full of love and renewed appreciation for life and our surroundings? Are we just full with the food that we have eaten? Or are we just full of phoniness because we see this moment with family and friends as being temporary?

It is a part of our culture to bounce from one holiday to the next, minimizing the reverence for each holiday. A prime example of that was when I went to the mall and heard Christmas songs being played as if Thanksgiving had already come and gone. The day after Thanksgiving, we are overwhelmed with Black Friday, another holiday based on the capitalist and consumerist society that we have adapted to. We wake up the day after what is meant to be a tranquil and unifying holiday to return to our rapidly paced and money-driven economic system. This spirit of gratitude has to last longer than a few months. We can’t have the

holidays formatted to be about people serving others and being generous to others only as a form of documented community service. It can’t be about showing fleeting kindness and empathy for someone less privileged because it seems like the appropriate behavior for the holidays. The holiday season should remind you of the thanks and gratitude you have been sharing all year round and not begin something that you may allow to wither away by the start of the new year because it was a seasonal feeling. The holiday season should be about closing out a year of any of life’s turmoil and strife with love and appreciation for life itself.

This article does not seek to bash those who enjoy the holiday spirit and warm feeling of showing love but is meant to extend the communication and relationships that we have into a lifestyle habit of showing others that they mean something to you for longer than a day or two out of the year. Regardless of your religious beliefs, morals, upbringing or practices, I would like to extend a charge to be grateful for what you have, accept what you don’t have, love hard and say thank you (it’ll go a long way).

*Michelle Strothers, a Sociology major, is in her first year as a columnist for The Montclarion.*

# Write Right: Long Live Free Language

*Adapting our vocabulary to embrace, not condemn, new words and terms*



**KRISTEN BRYFOGLE**  
OPINION EDITOR

As speakers and writers of the English language like to think that all words are created equal—that the only thing that can improve how we interact with professors and academic texts is a dictionary; yet, our language has a clear social hierarchy. At college, we take specific classes that teach us how to choose the right words for formal, academic writing and we attend workshops that offer us strategies to communicate professionally on resumes and in job interviews. Even from a young age, we are told not to use slang and popular children’s programs like *Sesame Street* and *Barney and Friends* use their influence to teach children what is proper to say. By the time we reach adulthood, we usually have a good

idea of how we should monitor our language and adapt it to different situations, yet influential sources are apparently still trying to condemn some words and control the language we use. Last week, *TIME* published a poll of which word should be banned for the next year. The 2014 poll was less innocuous in its polling options. Among the list of potential banned words are terms like “feminist,” “turnt” and “bae.” For obvious reasons, banning the word feminist has met much outspoken opposition; not only is it a valid form of social study and literary theory but it is also a current social movement, made especially public this year by movements like the #YesAllWomen social media campaign and the United Nations’ endorsement of the HeForShe solidarity movement. But, what has been largely overlooked are the inclusion of words like “turnt” and “bae,” which originated in African American culture, according

to linguistics scholar Neal Whitman. While this article may be taking stabs at America’s yuppie population while including words like “kale” on the banned poll, this list sends a clear social statement: those who say words like “bae” and “turnt” are not speaking correctly or at least not correctly enough for *TIME* magazine. There seems to be a misconception that the English language is fixed. We’re told that proper English words should not or cannot be created out of thin air and that slang terminology should not be incorporated into our vocabulary because they are somehow lesser words than those like the newly formed portmanteau “Obamacare,” or even “normalcy,” which has only been around for the past 150 years. Some of the most famous writers of Western history invented words, most notably William Shakespeare, who coined terms like “immediacy” and the verb form of “friend.” Percy Bysshe Shelly also cre-

ated words like “liberticide,” meaning the murder of liberty. The concept of creating new words out of old roots or coming up with terms to define ideas that are floating around is not a new idea and just because terms like “bae” and “turnt” come from pop and hip hop music doesn’t make them less a part of our language and culture than words that have been part of our dictionaries for years. It’s time to put the language police to rest. Language adapts; if you look in the Oxford English Dictionary, you

can see how every English word became what it is used for today. It may be unlikely that “bae” will be in our dictionaries for hundreds of years but who are we to say that centuries from now, scholars won’t look up Pharell’s “Come Get It Bae” in order to understand its etymology. Language is fluid and our attitudes toward it should be the same.

*Kristen Bryfogle, an English/Classics major, is in her first year as the Opinion Editor for The Montclarion.*

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# *The Montclarion*

"In America, the President reigns for four years,  
but Journalism governs forever." – Oscar Wilde

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# One Band, One Dream, One Direction

*New album keeps fans ‘up all night’ for the fourth year in a row*



Jayna Gugliucci  
News Editor

From small towns scattered across Great Britain, five young boys were hand-selected by the infamous Simon Cowell and began a journey that would evidently change their lives forever. With their talented voices and charming appearance, One Direction took to the forefront of the music industry almost overnight and with little to no warning. Receiving the admiration of nearly every teenage girl in the country, the boys skyrocketed to the top of the charts with their debut single “What Makes You Beautiful” and never looked back.

Following tradition, the British boy band released their fourth and newest album earlier this week. Appropriately entitled *Four*, the collection serves to commemorate the four years of support and dedication fans have shown from the very beginning of their musical career; in response, those same fans are turning up the volume and taking in the masterpiece that is One Direction’s new album.

Taking a turn away

from their original boy-next-door sound with “Midnight Memories,” the band has further distinguished the line between their adolescence and adulthood with yet another rock-inspired setlist.

With tracks entitled “Fireproof” and “Stockholm Syndrome,” the album ultimately sets an entirely different mood from the previous sing-song lyrics of the boys’ “One Thing” and “Kiss You.” Strangely enough, some songs even deter from this original change and sound as though they should be blasting from the speakers of local boardwalks, but they do so in the best way possible and leave fans longing for the warmer summer months that are still a lifetime away.

As the featured track on the album, “Steal My Girl” definitely draws in listeners from its first notes. With voices warm enough to melt hearts, One Direction takes to the verses, singing of the love they share for the girl they call



Photo Courtesy of Wikipedia.org

theirs; in fact, she is so beautiful that boys everywhere wish to “take her heart away.” Despite approaching the track in an unconventional way in their music video, the boys keep true to their softer side in the sense that they belt the ballad with as much feeling as they have before.

Continuing down the setlist, “Where Do Broken Hearts Go” possesses an upbeat chorus that has it acclaimed as one of the most popular songs on the album despite its recent release. With its beautifully crafted lyrics, the boys sing of searching for

the girl they left behind in all of the lonely places “broken hearts go” to amend their relationship and put the pieces of her heart back together. Profound in its poetry and rich in its vocals, the track is ultimately one that will continue to gain the attention of listeners as they effortlessly relate to the lyrics themselves.

As a final notable piece, “Night Changes” emerges as the most likely candidate for one of the most underplayed songs on the album. Taking a more subtle tone, the track features the boys singing of the often negative transition the starry sky can bring in a relationship. Though darker in its nature than the hours of the sun, they stress that the “night will never change for me and you” as a reflection of the love they hold for the girl of their dreams.

Speaking to the boys’ past albums, the track is reminiscent of the older Ed Sheeran tunes such as “Moments” and “Little Things” that had always left fans’ hearts aching and calling for more.

Though most of their songs still hold their focus on falling in love and overcoming broken hearts, the British boyband has evidently worked to change their artistic style and has certainly succeeded in doing so. For this reason, it may come as a shock to know that their tour planned for the upcoming summer has yet to sell out; the boys may be facing a major bump in the road ahead of them, having sold out concerts in minutes in previous years.

Yet, with their fourth album landing the number one spot on Billboard’s Top 100 and showing an overwhelming amount of copies sold in its first hours of release, One Direction seems to be stealing the hearts of fans as well as the spotlight once again.

## ‘Birdman or (The Unexpected Virtue of Ignorance)’: A Masterfully Crafted Movie

Richard S. Ormsby  
Contributing Writer



Photo Courtesy of Wikipedia.org

Washed up, out of cash and preoccupied, Riggan Thomson (Michael Keaton) sits annoyed at a read-through of his own work. Jazzy and snarky drums underlie character movement, a light falls from the rafters and dents an insufficient actor’s head all, which was planned by the director on purpose. Riggan knows the play needs someone to carry it and it isn’t going to be that guy. Following the incident, he rushes to his dressing room to breathe. His friend and lawyer, Jake (Zach Galifianakis), is frantic; who will perform?

*Birdman or (The Unexpected Virtue of Ignorance)*, is by far one of the most gorgeous pictures of the year. It is nothing less than a story of meticulous craft, a force of intention and absolute pleasure, one that conjures up feelings of passion and despair through incredible imagery and dialog. The audience drinks up the imagery and dialog in a matter of two hours, hardly al-

lowing sufficient time to wipe their moist lips dry.

*Birdman’s* cinematography is so fluid that one is hardly able to point out a cut in the entire film. Set on Broadway at St. James Theatre, the motion of the camera and particularly long takes are reminiscent of a stage production - which requires extensive discourse and complex blocking. The implementation of such stage techniques in this film truly gives its viewers a sense of what it is to be a stage performer.

The masterful editing techniques used to implement clever transitions such as hidden cuts and slow dissolves certainly set the tone of the film from the start, raising an expectation that is thoroughly satisfied until the very last heart-wrenching moment. Effective as well is the restrictive use of fast-paced cuts in the numbered scenes that truly required them, clearly indicating a momentary change in tone and emotion. These cuts

elevate a particularly noticeable sequence to mean something more, simply because it is such a paradigm shift in comparison to the entirety of *Birdman*.

*Birdman or (The Unexpected Virtue of Ignorance)* is truly one of the most fascinating, gratifying and invigorating films I have seen to date. This film creates a refreshing excitement for the future of filmmaking. The challenges tackled throughout production are beyond imagination and fully appreciated. In this instance, art has truly overcome the strangling power of commerce and for this I couldn’t be more grateful. This work of art has brought me to tears and laughter simultaneously, a new experience I couldn’t have had without Alejandro González Iñárritu’s creative hand. I urge anyone willing to give themselves up to this work to purchase a ticket.

### MOVIE REVIEWS

## ‘Interstellar’: Great Performances But Not Quite a Masterpiece

Aaron Hobson  
Contributing Writer

I was so excited to finally see *Interstellar* ever since it was announced in March 2013. Christopher Nolan has come a long way from being the indie director of *Following* and *Memento* to hitting it big in the enormously popular *Dark Knight* series. *Inception* was proof Nolan could successfully tackle a big-budget, original idea outside of the Batman franchise. *Interstellar* falls into that category of big-budget original ideas and it is definitely something fresh.

The movie’s plot zones in on Cooper, a South-erner and family man who is a space pilot and engineer. Matthew McCoughaney is spectacular in the role of Cooper, delivering one of the strongest performances in the film. Cooper is an everyday man and nothing in this world (or any other) is more

important to him than his kids, particularly his daughter, Murphy (Mackenzie Foy). Once he finds out the world is in danger, he and a team of scientists go to travel to another galaxy to attempt to save it.

Despite great performances from a huge ensemble (Anne Hathaway, Jessica Chastain, Michael Caine, Casey Affleck), beautiful visuals and setting, *Interstellar* does have too much dialog at certain points of the film.

The other issue with the opening of the film is pacing, especially in the first half of the film. The movie also does rush off into space the moment the idea of interstellar travel is introduced, which I thought could have been slowed down.

Hans Zimmer does some of his best work, bringing in a score that’s original and wonderful; it perfectly balances notes we normally associate

with outer space while hitting all the right emotional notes. The film also has great sounds of space, inside and outside the ship, which I thought was a wonderful detail to include in the film.

*Interstellar* runs at 169 minutes, which is a slight problem for this film because you start to feel how long it is. Despite this, it does set up some heartfelt, emotional sequences and the acting is so good during these scenes. The climax of this film is marvelous, and makes respect the film as whole, as you can tell Nolan put his heart and soul into it. I believe that this is a very good film, but it isn’t quite a masterpiece; however, I highly recommend that you see this film.



Photo Courtesy of Wikipedia.org



# RAPID-FIRE REVIEWS

Michelle Strothers  
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Jessica Mahmoud  
Staff Writer

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Rapid Fire Reviews!  
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“Speak Up”  
POP ETC



This song is from the *Twilight: Breaking Dawn Part 2* soundtrack, but don't let that stop you from checking it out! It's the perfect mix of pop and electronica, fast and slow. POP ETC, formerly known as the Morning Benders, changed their name when they found out "benders" was an insulting term for homosexuals in the UK.

“Lullabies”  
Yuna Adventure Time Remix



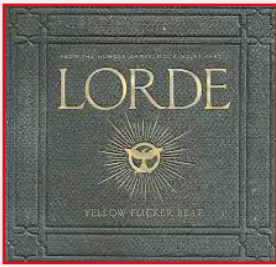
While the original song is good, the "Adventure Time Remix" *twilight.jpg* is much better. The dramatic and intense love sound is much better with a heavy beat behind it. Starting out back in 2012, soloist Yuna has had much success. She can be compared to R&B/folk singers like Feist, Norah Jones and even Adele. If you're into soft and romantic songs with meaning, check her out!

“Say You Love Me”  
Jessie Ware



This is another slow song for those romantics out there. Jessie Ware is from London, and after collaborating with multiple bands like SBTRKT and artists like Ed Sheeran, she broke off to be a soloist. Her second album *Devotion*, hit number five in the UK, and she toured this past year before this song came out. Her voice is beautiful and this song shows that.

“Yellow Flicker Beat”  
Lorde



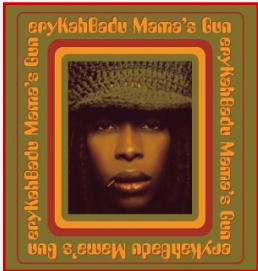
This song will probably become popular soon enough because it's from the movie *The Hunger Games: Mockingjay, Part 1*, which is to be released on Friday. Although she looks older, Lorde is actually only 18! This song is different than her others, because it's more upbeat. It still has her unique, crisp voice, but with a pop flair. Check it out and listen for it in the movie!

“Less than Love”  
Club 8



MTV can be thanked for this unique find. The sound was recently featured on their show *Faking It*. It has an 80's beat and vibe to it - that carefree take on love rather than a dramatic one. Club 8 is another duo, Karolina Komstedt and Johan Angergård, that had worked together before in a band called Poprace. Club 8 is an alternative band of Swedish pop. It was formed back in 1995 and just released their 9th album last year, *Above the City*.

“Green Eyes”  
Erykah Badu



This song is from Erykah's second studio album titled *Mama's Gun*. This song, "Green Eyes," has a mellow blues feel while also a smooth jazz sound to it. The complexity of this song is pretty high because it's bouncing from emotion to emotion. She shows how vulnerable she was and still is from her past relationship, expressing both strengths and insecurities to her audience.



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# Johnny Depp’s Speech Goes Down the Rabbit Hole

Nicholas Da Silva  
Staff Writer

As the old saying goes, “anything can happen when you’re in Hollywood.” At last Friday’s Hollywood Film Awards, this saying proved to be an unfortunate reality for mega-star Johnny Depp.

When presenting the Hollywood Documentary Award for Mike Myers’ *Supermensch: The Legend of Shep Gordon*, Depp slurred and cursed his way through an awkward, cringe inducing speech where the actor (who’s most notorious for his eccentric characters) still managed to leave the audience dumbfounded.

Having watched the speech during the live broadcast of the awards show, I can tell you that social media was ablaze during this debacle. Many people on Twitter immediately assumed that Depp was drunk, with some even claiming that the actor was giving a spot on imitation of his iconic character, Captain Jack Sparrow. Many major news outlets were late to the chase by comparison, with most of them reporting about the actor’s embarrassing display a day or two after the awards show.

When Depp first came on stage and opened

his speech with a comment about the microphone, I thought he was just making a joke before he got to his actual speech. But as his speech continued on, Depp looked like he was struggling to form coherent sentences and at some points the actor even wobbled around as if he was about to fall over. However, Mike Myers and Shep Gordon (who was also presenting Myers with the award) didn’t appear to be very fazed at Depp’s antics as they made their speeches and the awards show carried on.

I couldn’t believe that an actor with as much respect and reverence as Depp would conduct himself in such an immature manner at an awards show. What makes his behavior even more inexcusable is



Photo Courtesy of Wikipedia.org

the fact that he claimed to be at the show to honor Gordon, who he called in his garbled tribute: “Someone I consider to be a close friend.”

Whether or not he was drunk, nothing excuses his unprofessional conduct at a show where your one job for the night is to behave yourself in a professional manner.

This debacle is the

latest misfortune for the actor, who’s had a string of bad luck since 2010. In 2012, Depp ended his 14 year relationship with then-girlfriend Vanessa Paradis (who he has two children with), with the actor claiming the split was the product of a slow and downward spiral in their relationship.

In addition, Depp has only had two successful movies at the box-office since 2010 (*Alice in Wonderland*, *Pirates Of The Caribbean: On Stranger Tides*), with every other movie he’s made since then being a commercial flop (*The Tourist*, *The Rum Diaries*, *Dark Shadows*, *The Lone Ranger*, *Transcendence*).

Also, around the beginning of this year, Depp

received his first Razzie Award nomination (the antithesis to an Academy Award nomination) for his now-infamous performance as Tonto in the aforementioned *Lone Ranger*. The last thing Johnny Depp needed after this recent series of setbacks in his personal and professional life was to embarrass himself on stage at an awards show, which is exactly what he did.

I’m not sure how Depp is going to respond to this incident, especially given that he has the hotly anticipated new film *Into the Woods* coming out in a little over a month.

If I were his publicist, I’d be working strenuously on coming up with some ways for Depp to do some damage control to his public image. Unless Depp can really do something spectacular to make people forget about this whole situation, he’s likely going to be the butt of people’s jokes during this upcoming awards season. The one silver lining from this whole incident is that Depp has probably learned a lesson that he won’t soon forget: even Captain Jack needs to put down the rum every once in a while.

# WORLDWIDE SPORTS LEAGUES

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WHO'S HOT THIS WEEK



Photo courtesy of MSU Sports

**Kaila Fasano**  
**Forward - Women's Soccer**  
Fasano was crucial to the Red Hawks' success in the First and Second rounds of the NCAA Division III Championships as she tallied both goals, including a game-winner in double overtime.

CURRENT STATS  
GOALS - 15  
ASSISTS - 4  
POINTS PER GAME - 1.55



Photo courtesy of MSU Sports

**C.J. Conway**  
**Defensive Back - Football**  
Conway recorded two interceptions to help Montclair State clinch a share of the NJAC title for this season. Conway finished his career with 33 pass break-ups, which is the second-most all-time total in MSU history.

CAREER STATS  
INTERCEPTIONS - 12  
TOTAL TACKLES - 165  
SOLO TACKLES - 112

UPCOMING GAMES

Men's Basketball: 11/29 @ College of Staten Island, 12/3 vs. Rutgers-Newark

Women's Basketball: 12/1 @ Moravian College, 12/3 vs. Rutgers-Newark

For updates on these matchups, check [montclairathletics.com](http://montclairathletics.com) for the results.

PROFESSIONAL STANDINGS

MLS	NFL	NHL	EREDIVISIE (DUTCH)	NBA
2014 MLS CUP PLAYOFFS	NFC EAST	METROPOLITAN	UPPER TABLE	EASTERN CONFERENCE
	1. PHILADELPHIA 0 GB	1. PITTSBURGH - 27 PTS	1. PSV - 30 PTS	1. TORONTO - 0 GB
EASTERN CONFERENCE FINALS	1. DALLAS 0 GB	2. N.Y. ISLANDERS - 24 PTS	2. AJAX - 26 PTS	2. WASHINGTON - 0.5 GB
N.E. REVOLUTION	3. N.Y. GIANTS 4 GB	3. WASHINGTON - 19 PTS	3. TWENTE - 21 PTS	2. CHICAGO - 0.5 GB
N.Y. RED BULLS	3. WASHINGTON 4 GB	4. N.Y. RANGERS - 18 PTS	3. FEYENOORD - 21 PTS	4. CLEVELAND - 2.5 GB
	NFC WILD CARD	4. N.J. DEVILS - 18 PTS	3. FEYENOORD - 21 PTS	4. MILWAUKEE - 2.5 GB
1ST LEG - @N.Y. - 11/23	1. GREEN BAY 0 GB	6. PHILADELPHIA - 16 PTS	5. ZWOLLE - 20 PTS	4. MIAMI - 2.5 GB
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	3. SAN DIEGO 1 GB	10. BUFFALO - 12 PTS		



# Red Hawk Round Up

## Men's Basketball

The Red Hawks won the BB&T Tip-Off Classic in Virginia., defeating Methodist University and Cazenovia College by 2 and 16 points respectively. Montclair State will take on TCNJ and Kean University on the road in NJAC matchups.

## Women's Basketball

The Red Hawks opened their season perfectly by winning both matchups of the Bon Appetit NWC Tip-Off Classic. After crushing Willamette University 73-49, Montclair State defeated host Lewis & Clark College 53-48. The Red Hawks will take on TCNJ and Kean University in Ewing and Union, respectively, to open up their NJAC schedule.



Thomas Formoso  
Sports Editor

## Swimming and Diving

Both the men's and women's swimming and diving team will be in Lancaster, Pa. to participate in the Franklin and Marshall Invitational from Nov. 21 to Nov. 22. They will both face off against Franklin and Marshall College in a dual meet on Sunday, Nov. 23.

## Men's Soccer

The Red Hawks were eliminated in the first round of the NCAA Division III Soccer Championships at the hands of Stevens Institute of Technology 3-0. Montclair State finishes their season with an impressive 17-5 record.

## Football

Montclair State finished the year strong in a road match against rival Kean University. The close 16-14 decision ensured that the Red Hawks will be tri-champions in the NJAC along with Rowan University and Morrisville State College.

Rowan University earned the automatic NCAA bid by virtue of first half point differential.

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# Bob Ryan Visits Montclair State

## ‘Boston Globe’ writer visits Yogi Berra Museum



The long-time writer and author discussed many different sports topics with Professor Kelly Whiteside. Sam Romano | The Montclarion

**Sam Romano**  
Contributing Writer

The Baker Theater inside Yogi Berra Museum and Learning Center has a manual scoreboard as its backdrop, with the Yankees playing the Red Sox. Coincidentally, in the middle of the floor sat long-term *Boston Globe* sportswriter Bob Ryan.

Professor Kelly Whiteside, who teaches Sports Media and Journalism on campus, opened up the panel by quoting Ryan’s own words from his latest book, *Scribe: My Life in Sports*.

“I love sports and I want people to know it,” said Ryan. “I’d like to think the word people most associate with me is ‘enthusiasm.’ Give me a good game and I’ll be happy; as a fan, I may regret the outcome, but as a journalist, I’ll appreciate the drama. That’s the way I was when I was 11, banging out ‘The Sportster’ and that’s

the way it is today. I strongly suspect my last words will be, ‘Who won?’”

Ryan loved words from a young age. His first column, “The Sportster,” was an 8-by-11 typewritten analysis of his local basketball league. He was 11 when he wrote the column.

Ryan spoke about his career and some of his favorite moments and answered questions from the audience. He was asked about the worst loss he had ever seen and about his favorite off-the-court Larry Bird story. He also talked about one of the chapters titled “Michael v. LeBron,” a topic on which everyone has an opinion on.

“Aesthetically, I’d take LeBron [being a passer], but if I had to bet my life on it, I’d take Michael,” said Ryan.

Ryan grew up in Trenton, N.J. “It was a great place to grow up,” he said. He explained how there were two

different competing newspapers which are still around today, multiple television stations and competitive high school sports.

Ryan said his favorite sport was always baseball, but the reason he spent most of his career covering basketball was opportunity.

“You need something to transport you,” he said. “You need something to write about that people are paying attention [in order to] get yourself known. I had that thing with the Celtics and I’m grateful that it was basketball.”

The night concluded with Ryan signing copies of *Scribe: My Life in Sports* and shaking hands with members of the audience, some of whom were eager journalism students.

“When I first heard we had the opportunity to come here, I was so excited. I want to thank you all for coming,” he said. “This really is an important night for me.”

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UPCOMING EVENTS

DEC. 7

SCREENING OF ‘HENRY & ME’  
SCREENINGS: 1PM & 3PM.  
ADULTS: \$6 STUDENTS: \$4

JAN. 15

YANKEES HOT STOVE  
PANELISTS OF BOB LORENZ, JACK CURRY, MEREDITH MARAKOVITS AND JOHN FLAHERTY  
TICKETS: \$25

JAN. 20

JAMES BROWN & BILL COWHER  
COCKTAIL RECEPTION AND Q&A DISCUSSION.  
EVENT FROM 6- 8:30 P.M.

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# NFL WEEK 12 PREDICTIONS

The New York Giants absolutely blew it against the San Francisco 49ers at MetLife Stadium. Eli Manning threw multiple interceptions and the Giants couldn’t capitalize on a clear chance to win the game towards the end.

Jets fans relaxed last weekend as they did not have to worry about their team due to a bye week.

CHIEFS VS. RAIDERS	TOM - CHIEFS JENNA - CHIEFS	BUCS VS. BEARS	TOM - BEARS JENNA - BEARS
BROWNS VS. FALCONS	TOM - BROWNS JENNA - BROWNS	CARDINALS VS. SEAHAWKS	TOM - SEAHAWKS JENNA - SEAHAWKS
TITANS VS. EAGLES	TOM - EAGLES JENNA - EAGLES	RAMS VS. CHARGERS	TOM - CHARGERS JENNA - RAMS
LIONS VS. PATRIOTS	TOM - PATRIOTS JENNA - PATRIOTS	DOLPHINS VS. BRONCOS	TOM - BRONCOS JENNA - BRONCOS
PACKERS VS. VIKINGS	TOM - PACKERS JENNA - PACKERS	REDSKINS VS. 49ERS	TOM - 49ERS JENNA - 49ERS
JAGUARS VS. COLTS	TOM - COLTS JENNA - COLTS	COWBOYS VS. GIANTS	TOM - GIANTS JENNA - COWBOYS
BENGALS VS. TEXANS	TOM - TEXANS JENNA - TEXANS	RAVENS VS. SAINTS	TOM - SAINTS JENNA - SAINTS
JETS VS. BILLS	TOM - BILLS JENNA - JETS	THOMAS FORMOSO SPORTS EDITOR 76-38-1	JENNA BUSSIÈRE ASST. SPORTS EDITOR 82-32-1

# Adrian Peterson Suspended Without Pay

**Bryan Quintero**  
Contributing Writer

NFL Commissioner Roger Goodell suspended Minnesota Vikings running back Adrian Peterson for the rest of the 2014 season without pay on Tuesday and demanded that Peterson go through mandatory counseling for violating the league’s personal conduct policy.

Goodell’s reason for the suspension was addressed in his letter to Peterson: “You have shown no meaningful remorse for your conduct. When indicted you acknowl-

edged what you did but said that you would not ‘eliminate whooping [your] kids’ and defended your conduct in numerous published text messages to the child’s mother...these comments raise the serious concern that you do not fully appreciate the seriousness of your conduct, or even worse, that you may feel free to engage in similar conduct in the future.”

The NFL Players Association, along with Peterson’s lawyers, are planning on appealing the suspension due to the league’s “inconsistency and unfairness in the process”

stated Ed Werder of ESPN.

ESPN reported Tuesday morning that if independent arbitrator Shyam Das were to rule in favor of Peterson, he could play while his suspension is being appealed.

Goodell also stated that he demands Peterson attend mandatory counseling.

Peterson used a wooden switch to reprimand his 4 year old son, leaving him with cuts, bruising on his thighs and on one of his testicles, according to the court documents from early September.

Peterson pleaded no contest to a misdemeanor charge

of reckless assault and was placed on an exempt list by Goodell, allowing Peterson to still be paid, but not allowing him to suit up for the Vikings.

Goodell has stated in multiple press conferences recently that he does not view the nine games that Peterson was on the exempt list for as “time served.”

Back in August, in the aftermath of the Ray Rice case where Rice physically abused his then-fiancée in an elevator, Goodell released a statement stating that “any N.F.L. employee who is found to have engaged in assault, battery,

domestic violence or sexual assault that involved physical force will be suspended without pay for six games for a first offense. Second-time offenders will be banished for at least one year.”

Besides Peterson, Ray McDonald, Quincy Enunwa and Jonathan Dwyer have been charged with misdemeanor charges of domestic violence. Greg Hardy remains on the same exempt list that Peterson was on, but is not able to play until his domestic abuse charges have been settled.

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## Red Hawks Sweet 16 Bound

Women's soccer advances to Sectional Finals in NCAA Championships



The Red Hawks will travel to Messiah College to face Lynchburg in the Sweet 16.

Photo courtesy of MSU Sports

**Jenna Bussiere**  
Assistant Sports Editor

The Montclair State women's soccer team has made quite a name for themselves in their run for a national title. While most college teams hope for their name to be drawn during the NCAA selection show. The Red Hawks have received a bid to the tournament for three years straight now.

"We never take getting into the NCAAAs for granted," said senior forward Francesca Gibson. "We're always very excited to find out that we got a bid and where we get to play for the first round."

In 2012, the team saw the NCAAAs for the first time in seven years and proceeded to the second round. Last season, more success was found as they advanced to the Sweet 16 phase of the tournament and even hosted the first round.

This year, the path is set for the Red Hawks to take an even greater step. They once again hosted the first round, where they defeated Lesly University in a 1-0 match. After beating Connecticut College 1-0 a day later, they once again move on to the Sweet 16 round.

"I think this time will

be pretty different," said Gibson. "We're all really confident going into this game. I think it's a plus for us that we are playing Lynchburg because we've played them before and we know what they're about."

In 2012, Lynchburg was the school to end Montclair State's run in the national tournament. They fell to the Hornets in a 0-2 shutout that ended MSU's season at a 16-2-3 record.

Gibson talked about how well the team has been practicing in preparation for a different outcome this time around. They have not slowed down

their work ethic since beating TCNJ two weeks ago in the NJAC championship. The chemistry between the teammates on this squad may also be the reason they have been so productive.

"We're not just a team," said freshmen Daniella Greco, "we are a family and we all play for each other. We don't yell at each other when something goes wrong. Instead, we help each other and give advice."

The team is well known across the school for their pregame antics. When most teams put on their game faces and zone into full focus before kick off, this team likes to dance, laugh and occasionally preform the YMCA during their warm-ups.

"Montclair State Uni-

versity women's soccer is not like every other schools soccer program," said Greco. "We dance during warm-ups, we have fun, and I would not want it any other way."

The team will travel to Messiah College to take on Lynchburg this Saturday, Nov. 22. Winning this game would make this team the first in the program's history to advance to the elite eight round. A loss would spell the end of the careers to nine key seniors who have been the driving force behind this teams shine to success.



Kalia Fasano scored the game winner against Connecticut College to advance the team.

Photo courtesy of MSU Sports

## Field Hockey Finishes 2014 Season

Red Hawks finish 8-1 at Sprague Field

**Mike Panepinto**  
Staff Writer

The Montclair State field hockey team's 2014 campaign has come to an end. The squad finished 14-5 overall and 4-2 in the New Jersey Athletic Conference (NJAC). The team went 8-1 at home during the regular season, with their only loss being against Rowan University (3-2) on Saturday, Oct. 25.

MSU got a rematch with the Professors on Wednesday, Nov. 5, in Glassboro, N.J., in the semifinal round of the NJAC Field Hockey Championship Tournament.

The Red Hawks drew first blood when freshman forward Kaitlyn Struss tallied the first score, thanks to an assist from sophomore forward Gianna Moglino.

Less than four minutes later, Montclair State extended their advantage to two, when sophomore forward Danielle Butrico recorded a goal for the team.

Rowan netted two goals (including one with a few seconds left in the first period) to tying the score at two going into the half. The Profs got their final

score early in the second half to win the contest 3-2. Junior goalkeeper Rebecca Brattole had eight saves for MSU. Rowan outshot the Red Hawks 14-11 during the match. There were roughly 163 people in attendance at the game.

Brattole and Struss were selected NJAC Goalkeeper of the Year and NJAC Rookie of the Year, respectively. Senior defender and captain Abby Erler was chosen as the NJAC Defensive Player of the Year.

Erler had this to say about this year's Red Hawks: "We had some tough losses but we gutted out every game and continued to evolve and improve as a team. One of the best parts about this season was our overall team chemistry."

Erler, Brattole, captain Maura Johnston and sophomore midfielder Megan Roeloffs were all named First Team All-NJAC. Danielle Butrico was selected Second Team All-NJAC.

Erler was only the third player ever from Montclair State to be chosen as NJAC Defensive Player of the Year. She is also the fourth player ever in MSU field hockey history to receive the honor of

being named First Team All-NJAC three times during her career.

Brattole led the league in saves with 40 and save percentage .870. She was also third in the conference in goals against average at 1.01. Brattole recorded a career-best with 19 saves against Richard Stockton, in a 5-0 win on Saturday, Oct. 18.

The Red Hawks had three seniors on their roster, midfielder Katie Lipsit and captains/defenders Abby Erler and Butrico. This is the lowest number of seniors Montclair State has played with since 2008, when there was only one senior on the team.

"Although I am sad to be graduating, I have so much hope for the success of this team in the years to come. They are such a dedicated group of girls. Rowan may have knocked us down but Montclair is definitely up and back for more," said Erler.



The Red Hawks finished early, but still managed to have a solid season at 14-5.

Photo courtesy of MSU Sports

FIELD HOCKEY RECORD BREAKDOWN	
OVERALL	14-5
CONFERENCE	4-2
HOME	8-1
AWAY	6-3
NEUTRAL	0-1

Inside Sports.....  
p. 19

Who's Hot?  
Professional Standings

p. 21  
Bob Ryan  
Visits Montclair State

p. 23  
Week 12 Predictions  
Adrian Peterson Update

